

# Physical Therapy on Alzheimer's disease

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## ABSTRACT

Brain disease can take so much away from you and your loved ones. Physical therapy is one approach that has been shown to improve signs of brain disease, as well as slow the development or increase over time of the disease. So the guidance of a physical therapist can help set up an exercise program that keeps our health strong and mostly who are suffered diseases. Physical activity is one of the natural weapons for boosting our brain function. In this review we try to figure out physical therapy is the best deep thinking for this type of sicknesses.

**Keywords:** Abnormal, Balance therapy, Treatment, Disease

## INTRODUCTION

Brain disease is a progressive condition. Mostly this can affect to the brain cell which affects abnormal behaviour with other people. It can lead to a decline in memory and the ability to do daily activities. People with brain disease may get lost in once-familiar places. In the complementary stage they suffer restless and wander. Often, this not being able to keep the body still happens in the late afternoon and evening called "sun downing". Many affected peoples are behave abnormal like , see or hear things that are not there and easily believes others are lying, cheating, or trying to harm them. Along with these "thinking-related" signs of sickness, doing simple tasks may become very hard in the later stages. In the end, they may need help eating, washing, using the toilet correctly, and dressing. People with brain disease are usually able to walk until the very last stage of the disease. They should lose their strength and balance that can lead to an increased risk of falls.

The exact cause of brain disease remains unknown. It is likely due to many factors that make identification of a disease or problem, or its cause very hard [1]. There is no single test for brain disease. Health care providers who are trained to work with older people may become aware of the early signs. It may take days or weeks for the medical team to complete a set of tests to make an identification of a disease or its cause). People who work to find information are getting closer to making an identification of a disease or its cause by using brain imaging. Scans that may help with identification of a disease or its cause include a CT scan, an MRI, a PET scan, or ultrasound. These tests can show different from what's usually expected brain structure or function. Mental and other function test may be used. So, many studies have shown that exercise is helpful for people with brain disease. Along with related to the heart and blood vessels fitness, increased ability to last tolerate bad

times, and improved strength, people with brain disease get added benefits from exercising. The benefits of regular exercise in people with brain disease include maintenance of motor skills, decreased falls and reduced rate of functional decline [2]. Improved behaviour, improved memory, and better communication skills are a few other benefits connected with something commonly done exercise programs in brain disease, use of physical therapy is the natural medication of Alzheimer patients. With different stages of the disease, a physical therapist can recognize the challenges connected with it. As an assistant to traditional medical treatment, a physical therapist will design a treatment program that is specifically custom-designed to the disease. Balance therapy, medically helpful exercise, and massage therapy are all important methods of therapy for Alzheimer patients.

There are clearly particular exercises used in balance therapy that improves balance. Standing with both feet close together, one foot are effective and these are the basic regular exercises that will also recommend by physical therapist. To improve safety, helping devices may be given. The dependence on helping devices will be slowly reduced as therapy continues. Supervised balance therapy enables the patient to improve their balance slowly. Medically helpful exercise is an important method of physical therapists. This this type of exercise will improve ability to move around, muscle tone and circulation; examples are quick and energetic walking and swimming. Brain disease causes frustration for the patient, massage therapy is helpful in lifting up stress [3].

## CONCLUSION

Brain disease is one of the most very harmful sicknesses affecting the old age. A clear understanding of the natural history of brain disease will enable us to develop appropriate trial designs and results for the different stage of condition. Now physical therapy is

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the best deep thinking for improving many sicknesses. The people who have brain disease it should be recommending for physical therapy to their caretaker because their quality of life will be improved over time through the use of physical therapy.

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